



Poor Man's Caviar

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce canned tomatoes crushed undrained canned
- 1 teaspoon basil dried
- 2 pound eggplants
- 0.3 cup parsley fresh chopped
- 3 garlic cloves minced
- 1 cup bell pepper green finely chopped
- 2 tablespoons juice of lemon
- 2 tablespoons olive oil

- 1.5 cups onion finely chopped
- 0.1 teaspoon pepper
- 1 cup bell pepper red finely chopped
- 1 teaspoon salt
- 1 tablespoon sugar
- 2 tablespoons tomato paste

Equipment

- frying pan
- baking sheet
- oven
- aluminum foil
- colander

Directions

- Preheat oven to 400
- Pierce eggplants with a fork; place on a foil-lined baking sheet.
- Bake at 400 for 45 minutes or until tender.
- Let cool slightly; peel and finely chop.
- Place eggplant in a colander; let drain.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion, bell peppers, and garlic, and saut 8 minutes or until tender. Stir in eggplant, parsley, and remaining ingredients. Cover, reduce heat, and simmer 1 hour, stirring occasionally.
- Serve caviar warm or chilled with assorted raw vegetables or toasted pumpernickel bread triangles.

Nutrition Facts

 **PROTEIN 9.97%**  **FAT 29.46%**  **CARBS 60.57%**

Properties

Glycemic Index:17.3, Glycemic Load:1.8, Inflammation Score:-5, Nutrition Score:5.7586955842764%

Flavonoids

Delphinidin: 38.87mg, Delphinidin: 38.87mg, Delphinidin: 38.87mg, Delphinidin: 38.87mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 44.33kcal (2.22%), Fat: 1.62g (2.49%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 7.48g (2.49%), Net Carbohydrates: 5.07g (1.84%), Sugar: 4.45g (4.94%), Cholesterol: 0mg (0%), Sodium: 161.49mg (7.02%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.23g (2.46%), Vitamin C: 21.9mg (26.55%), Vitamin K: 22.06µg (21.01%), Manganese: 0.2mg (10.03%), Fiber: 2.41g (9.65%), Vitamin A: 429.47IU (8.59%), Potassium: 243.25mg (6.95%), Vitamin B6: 0.14mg (6.81%), Vitamin E: 0.85mg (5.69%), Folate: 21.56µg (5.39%), Copper: 0.1mg (4.97%), Magnesium: 15.48mg (3.87%), Vitamin B3: 0.76mg (3.82%), Iron: 0.66mg (3.64%), Vitamin B1: 0.05mg (3.44%), Phosphorus: 27.92mg (2.79%), Vitamin B2: 0.05mg (2.65%), Vitamin B5: 0.25mg (2.48%), Calcium: 19.95mg (1.99%), Zinc: 0.21mg (1.42%)